



MAFB EMERGENCY MANAGEMENT PREPAREDNESS BULLETIN

September 2022

**Upcoming
Issues:**

-October 2022

-January 2023

National Preparedness Month Week 4 ^{PG. 1}

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2022 theme is "The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family."



Week 1: 5-11 September – Built a Kit

Week 2: 12-18 September – Make a Plan

Week 3: 19-25 September – Protect Family and Property

Week 4: 26-30 September – Teaching Youth

For the entire month of September the Emergency Management office will have a table in front of our office (Located at Bldg. 1154 Rm. 122, Across from the BX) with various handouts and guides. Feel free to come and grab items as you need or want. You can also stop by the BX the week of Sep 12-16 and we will have a table there during that time.

If you are more of a digital person you can also obtain resources from <https://www.beready.af.mil/> or <https://www.ready.gov/>.





Teach Youth About Preparedness

PG. 2

Examples of online Children Activities:

Ready.gov:



Build a Kit game



Disaster Master

Red Cross:



Pedro the penguin has several activities from red cross.

Being prepared for disasters starts at home. Emergencies and disasters can be scary, but there are ways to help you prepare your children to understand why things happen and how to respond when they strike. Everyone can be a part of helping to prepare for emergencies. As a parent, guardian, or other family member, you have an important role to play when it comes to protecting the children in your life and helping them be prepared in case disaster strikes.

Help them be prepared

- **Include children in preparedness conversations.**
- **Learn the building blocks of preparedness – Be Informed, Make a Plan, Build a Kit and Get Involved.**
- **Know the emergency plan for your child's school and child care facility.**
- **Practice evacuation plans and other emergency procedures with children on a regular basis.**
- **Learn different ways to help children cope during and after an emergency.**
- **Make sure children have emergency contacts memorized or written down in a secure place**
- **Teach kids when and how to call important phone numbers like 911.**

Risk Factors

For many kids, reactions to disasters are short-term. But some children can be at risk for more long-term psychological distress. Three risk factors for this longer-lasting response are:

- **Direct exposure to the disaster such as being evacuated, observing injuries of others, or experiencing injury.**
- **Loss/grief relating to the death or serious injury of family or friends.**
- **Ongoing stress from secondary effects, such as temporary housing, loss of social networks, loss of personal property, or parent's unemployment.**

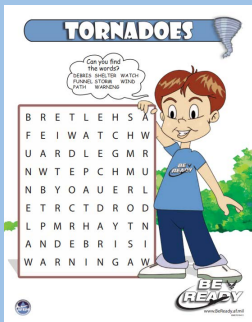
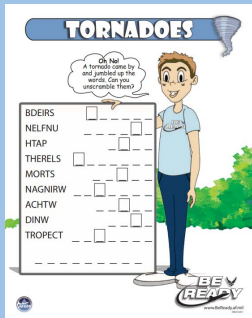


Teach Youth About Preparedness

PG. 3

BeReady:

**Printable
Sheets**



**If you stop by
our table we
also have
physical
coloring
workbooks**

**Emergency
Management Office
Contact:
42ces.cex@us.af.mil
334-953-7481**

Helping Children Cope

Disasters can leave children and teens feeling frightened, confused and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also help children cope with their emotions.

- **Encourage dialogue and answer questions: Listen to your kids. Ask them about their feelings and validate their concerns. When they ask questions, give just the amount of information you feel your child needs.**
- **Limit media exposure: Intense media coverage of disasters can frighten young children and disturb teenagers as well. If your children watch TV or use the Internet, try to be available to talk with them and answer questions.**
- **Make time for them and find support: Help kids understand that they are safe and secure by talking, playing, and doing other family activities with them. Build support networks with friends, family, and community organizations to help you cope, which can also help your children cope.**
- **Keep to a routine: Help your children feel as if they still have a sense of structure, which can make them feel more relaxed. When schools and childcare open again, help children return to normal activities like going to class, sports, and play groups.**

Websites:

- **<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prepare-with-pedro.html>**
- **<https://www.ready.gov/kids>**
- **<https://www.beready.af.mil/Kids/>**

AIR FORCE



EMERGENCY MANAGEMENT

Prevent Prepare Respond Recover